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Children's Sleep Habits Questionnaire (CSHQ) – Preschool and School-Age

Availability:	<p>This instrument is available here:</p> <p>Children's Sleep Habits Questionnaire – Preschool and School-Age link</p>
Classification:	Supplemental: Spinal Cord Injury (SCI)-Pediatric (ages 0–12)
Short Description of Instrument:	<p>This is a parent-report sleep screening for school aged children. It is validated for ages 4 through 12, with self report for ages 7–12.</p> <p>Consists of eight subscales:</p> <p>Bedtime Resistance</p> <p>Sleep Onset Delay</p> <p>Sleep Duration</p> <p>Sleep Anxiety</p> <p>Night Wakings</p> <p>Parasomnias</p> <p>Sleep Disordered Breathing</p> <p>Daytime Sleepiness</p>
Scoring:	<p>Parent-reported questionnaire.</p> <p>Gives 8 subscale scores and a total score.</p>
References:	<p>Goodlin-Jones, B. L., Sitnick, S. L., Tang, K., Liu, J., & Anders, T. F. (2008). The Children's Sleep Habits Questionnaire in toddlers and preschool children. <i>J Dev Behav Pediatr</i>, 29(2), 82–88.</p> <p>Owens, J. A., Spirito, A., & McGuinn, M. (2000). The Children's Sleep Habits Questionnaire (CSHQ): psychometric properties of a survey instrument for school-aged children. <i>Sleep</i>, 23(8), 1043–1051.</p>